

# COVID-19 News

[Media@dupagehealth.org](mailto:Media@dupagehealth.org)  
(630) 221-7374

June 3, 2020

## FOR IMMEDIATE RELEASE

### During Difficult Times, Call4Calm Text Line is Here to Help

**DUPAGE COUNTY**—If you or a loved one are struggling with stress related to the COVID-19 pandemic, or the protests around the country and need emotional support, text TALK to 552020 for English or HABLAR for Spanish. This service is free and available 24 hours a day, seven days a week. Callers seeking assistance remain anonymous and will provide only their first name and zip code, which enables the service to link you to a counselor in your area who is knowledgeable about available local resources.

During uncertain times, life can feel completely disrupted. Things seem confused and sense of time may be lost. You may feel vulnerable and helpless. Sleep patterns may be disrupted, and you may feel tired all the time. Emotional “numbness” may continue as a means of coping with what is happening. As the scope of the impact of the coronavirus becomes more apparent, you may feel overwhelmed and even angry. Protests can cause stress when local incidents are in the news.

Signs of stress may include:

- Irritability
- Depression
- Fearfulness
- Anger
- Fatigue
- Helplessness
- Physical complaints
- Sleep disturbance
- Lack of concentration
- Loss of Appetite

Recognizing these emotions and reactions helps you to better understand your experience and deal with them. In time, we will recover.

If you are experiencing a crisis, call the DuPage County Health Department’s Crisis Services at (630) 627-1700, 24 hours a day, 7 days a week, or visit <https://www.dupagehealth.org/183/Crisis-Services>.

**-More-**

Just like adults, each child reacts differently to stress. Some kids might want to talk about it, while others may not. What's important is to give them an opportunity to talk about that they are feeling. It's ok to follow their lead. Focus on speaking calmly and reassuringly.

Common signs of stress in younger children might include:

- Nightmares
- Bed wetting
- Thumb sucking
- Excessive fear of the dark
- Increase in immature behavioral
- Increase in aggressive behavior or shyness
- Change in eating

Give your child information which can be easily understood. Most importantly, give a lot of reassurance to your child. The family is the best source of help and comfort for your child.

Remember, your emotional response to COVID-19 and protests is NORMAL. If symptoms continue to worsen, get the help of a professional to assist you in the process.

Additional coping resources can be found at the [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

###